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January 2025

# NEWSLETTER

psychoeducation organization

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**Miss minds**

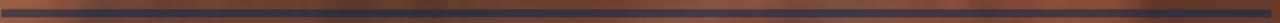
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**Articles**

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**Events wrap up**

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# “Dream Big , Start Anew”



Dear Readers,

As the new year dawns, I find myself thinking of you—of us—and the journeys that have brought us here. A new year holds such a tender magic, doesn't it? It whispers of fresh beginnings, of chapters yet unwritten, of the quiet possibility that tomorrow could be kinder than yesterday.



But hope, that fragile spark, can feel elusive sometimes. When the weight of the past lingers or the road ahead seems uncertain, it's easy to let the light dim. And yet, in the face of all that life demands, you are still here. You've carried yourself through moments you thought you wouldn't survive. That alone is proof of your strength.

Resilience isn't about being unshakable. It's about feeling the tremors and standing anyway. It's the courage to cry when you need to, to rest when you must, and to rise when you can. Even on the days when you don't feel brave, you are braver than you know.

Hope is its own kind of rebellion. To hope is to dare, to dream, to believe that what lies ahead can hold joy and meaning. It doesn't require certainty—only a willingness to keep moving forward, one small step at a time.



**As we step into this new year, I want you to hold this close: you are enough. Your journey, with all its twists and turns, is enough. It's okay to have days where the weight feels too heavy or the path feels unclear. Those days don't define you. What defines you is the way you keep choosing to show up for yourself, again and again.**

**This year will bring its own challenges, as every year does. But it will also bring beauty, connection, and unexpected moments of grace. Trust in that. Trust in your ability to meet whatever comes, not perfectly, but with heart.**

**You are not alone. I am here, and so are others who believe in you, who see your light even when you can't. Together, let's hold onto hope and keep moving toward the kind of future we dream of.**

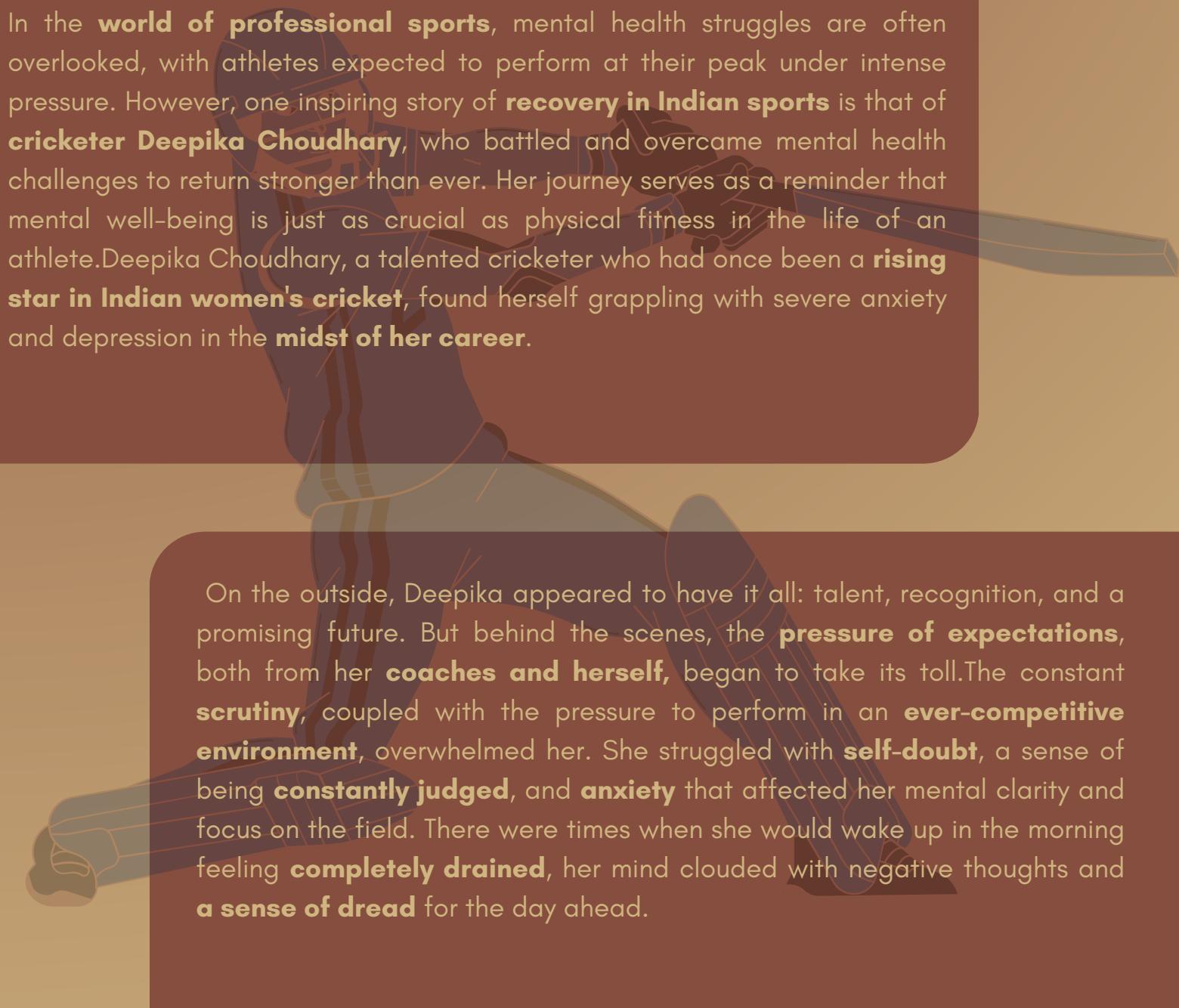
**Here's to a year of growth, healing, and wonder.**

**With love,  
Miss Minds**



# How I Found My Peace This New Year

**Recovery from Mental Health Struggles:  
The Story of Indian Cricketer, Deepika Choudhary**



In the **world of professional sports**, mental health struggles are often overlooked, with athletes expected to perform at their peak under intense pressure. However, one inspiring story of **recovery in Indian sports** is that of **cricketer Deepika Choudhary**, who battled and overcame mental health challenges to return stronger than ever. Her journey serves as a reminder that mental well-being is just as crucial as physical fitness in the life of an athlete. Deepika Choudhary, a talented cricketer who had once been a **rising star in Indian women's cricket**, found herself grappling with severe anxiety and depression in the **midst of her career**.

On the outside, Deepika appeared to have it all: talent, recognition, and a promising future. But behind the scenes, the **pressure of expectations**, both from her **coaches and herself**, began to take its toll. The constant **scrutiny**, coupled with the pressure to perform in an **ever-competitive environment**, overwhelmed her. She struggled with **self-doubt**, a sense of being **constantly judged**, and **anxiety** that affected her mental clarity and focus on the field. There were times when she would wake up in the morning feeling **completely drained**, her mind clouded with negative thoughts and **a sense of dread** for the day ahead.



The **turning point** for Deepika came during a particularly challenging phase in her career when she felt she couldn't perform at her best. After facing panic attacks and deep bouts of sadness, she decided to **seek professional help**. For an athlete in a highly competitive field, this was a brave and necessary decision. Deepika started therapy and worked closely with a **sports psychologist**, someone who helped her understand the pressures she was facing and how to manage them. Throughout her recovery, Deepika also emphasized the importance of having a **strong support system**. Her teammates, family, and close friends played a vital role in her **healing process**. By being open about her struggles, she **broke the stigma** surrounding mental health in sports.

DESIGN: ANANYAH SHRIVASTA

CONTENT: GARIMA SINGH

Deepika also found **solace in connecting** with others who had gone through similar experiences, which reassured her that **she was not alone** in her journey. After taking some time off to focus on her mental health, Deepika made a **remarkable return to the cricket field**. But this time, she was different. Her approach to the game had shifted; she was **more focused, grounded, and confident**. She no longer felt the weight of unrealistic expectations but instead **embraced her love for the sport**. Deepika's recovery allowed her to view the game with a **fresh perspective**, one where her well-being took priority over the pressures of perfection.



Her comeback was not only a testament to her resilience but also to the **power of mental health awareness in sports**. Deepika became an advocate for athletes to prioritize their mental well-being, often speaking out about the need for **open conversations on mental health** in the Indian sports community.

Deepika Choudhary's journey is a powerful reminder that mental health struggles can affect anyone, even those at the peak of their careers. Her **courage to seek help** and her commitment to her recovery have made her a **role model for young athletes**, showing them that it's okay to **acknowledge** and **address** mental health challenges.

Her story **highlights the importance of mental health** in sports and the need for athletes to have access to support systems that help them navigate the pressures they face. Today, Deepika is not just known for her skills on the cricket field, but also for her advocacy and resilience in **overcoming mental health challenges**. Her recovery journey proves that true strength lies not only in physical endurance but in the **courage to confront one's inner battles**.



# 30 Days of Gratitude Challenge

DESIGN: SREE VANSHIKA BEHARA & NATHAN D'SILVA

CONTENT: GARIMA SINGH

**Prompt:** At the end of each day, list three good things that happened, no matter how small.



# PROACTIVITY: THE POWER OF TAKING INITIATIVE

In a world filled with challenges and unpredictability, one trait stands out as a key to personal and professional success: proactivity. Being proactive isn't just about doing things ahead of time—it's about taking ownership of your actions, your choices, and your future. It's the difference between being a spectator in life and becoming the director of your own story.



## What is Proactivity?

Proactivity is the mindset and behavior of anticipating challenges, identifying opportunities, and taking purposeful action. Instead of reacting to circumstances as they arise, proactive individuals plan ahead and shape their own paths. They recognize that while they can't control everything, they *\*can\** control their responses, attitudes, and effort.

At its core, proactivity is about accountability. It's the conscious decision to focus on what you *\*can\** influence rather than lamenting what's beyond your reach.

## The Benefits of Being Proactive

- 1. Greater Control:** Proactive individuals don't wait for life to happen to them; they make life happen. This sense of agency fosters confidence and reduces feelings of helplessness.
- 2. Improved Problem-Solving:** Anticipating challenges allows proactive people to prepare solutions in advance, often preventing crises before they escalate.
- 3. Increased Opportunities:** Taking initiative often opens doors to opportunities that others may overlook, whether in personal growth, relationships, or career advancement.
- 4. Stronger Relationships:** Being proactive in communication—expressing thoughts, addressing conflicts, or showing appreciation—builds trust and strengthens bonds.
- 5. Reduced Stress:** Planning ahead and addressing potential obstacles early can minimize last-minute pressures and feelings of being overwhelmed.





## How to Cultivate Proactivity

While some people seem naturally proactive, it's a skill anyone can develop with practice and intention. Here's how:

- 1. Shift Your Mindset:** Embrace the belief that you have the power to influence your circumstances. Focus on solutions, not excuses.
- 2. Set Clear Goals:** Proactivity begins with knowing what you want. Define your objectives and break them into actionable steps.
- 3. Prioritize:** Use tools like to-do lists or time-blocking to ensure your most important tasks are addressed first.
- 4. Anticipate Challenges:** Think ahead about potential obstacles and plan strategies to overcome them.
- 5. Take Responsibility:** Own your choices and actions, even when things don't go as planned. Use setbacks as learning experiences.
- 6. Build Self-Discipline:** Proactivity often requires resisting the urge to procrastinate or avoid difficult tasks. Strengthen your self-discipline by practicing consistency.
- 7. Stay Curious:** A proactive mindset thrives on curiosity and a willingness to learn. Seek feedback, explore new ideas, and remain open to change.

DESIGN: SREE VANSHIKA BEHARA  
CONTENT: GARIMA SINGH



### Examples of Proactivity in Action

- **In the Workplace:** An employee notices inefficiencies in a process and suggests improvements before it becomes a problem.
- **In Relationships:** A friend reaches out to resolve a misunderstanding rather than waiting for the other person to act.
- **In Personal Growth:** An individual takes a course to learn a new skill, anticipating future career needs.



### The Ripple Effect of Proactivity

Proactivity isn't just about improving your life; it creates **a ripple effect**. When you take initiative, you inspire others to do the same. Your **foresight** and action can spark **positive changes** in your workplace, community, and relationships.

In the words of **Stephen Covey, author of The 7 Habits of Highly Effective People**:

*"Proactivity means that, as human beings, we are responsible for our own lives. Our behavior is a function of our decisions, not our conditions."*

By choosing to be proactive, you empower yourself to lead a more intentional, impactful, and fulfilling life. **Take the first step today, and watch how far it can take you.**



# Taking Control and Proactivity Letting Go Of 2024

## Letting Go of 2024: Embracing Closure and New Beginnings

As the curtain goes up on 2025, **it's time to reflect, release, and prepare** for what lies ahead. Whether this year brought joy, heartache, or a mix of both, **letting go** allows us to **honor the past** while embracing the promise of a fresh start.

### Reflecting on the Year

Before you say goodbye to 2024, take a moment to reflect. **Look back not with judgment, but with curiosity and gratitude.**

Letting go **doesn't mean forgetting**. It's about releasing the grip of lingering emotions—regret, disappointment, or even nostalgia—that might hold us back. It's an act of self-compassion, a way to create space for hope and possibility.



## Celebrate Your Wins

**Acknowledge your achievements**, no matter how small. Perhaps you reached a milestone, strengthened relationships, or simply made it through tough times. **Every step forward** deserves **recognition**.

- **Learn from Challenges:** What did this year teach you about resilience, patience, or adaptability? Challenges, while painful, often leave behind wisdom that can shape our future.
- **Honor Your Emotions:** It's okay to grieve what didn't go as planned. By allowing yourself to feel, you pave the way for healing.

## Why Letting Go Matters

**Carrying unresolved emotions** or unmet expectations into the new year can **weigh us down**. It's like trying to climb a mountain while holding onto unnecessary baggage. Letting go helps us **shed what no longer serves us**, clearing the way for growth and renewal.

Letting go **doesn't mean dismissing** the **importance of the past**—it means **making peace with it**. It's about **embracing the understanding that while we b**



## How to Let Go of 2024

- 1. Practice Forgiveness:** Forgive yourself for mistakes and forgive others who may have hurt you. Forgiveness doesn't erase the past; it frees you from its hold.
- 2. Express Gratitude:** Reflect on the good moments of 2024, even if they were small. Gratitude helps shift your focus from loss to abundance.
- 3. Create a Ritual:** Write down your thoughts about 2024—what you're thankful for, what you're leaving behind, and what you hope to carry forward. Burn or store the letter as a symbolic release.
- 4. Let Go of Expectations:** Release the idea of what should have been. Life's detours often lead to unexpected growth.
- 5. Focus on the Present:** Ground yourself in the here and now. Each day is an opportunity to begin anew.

## Embracing 2025

As we step into 2025, trust that the **lessons of 2024 have prepared you for what's next**. Carry forward the strength, joy, and wisdom you've gained, and let go of the rest. By releasing the past, you **open your heart to the infinite possibilities of the future**.

**This year, let's walk forward lighter, braver, and ready for whatever comes next.**

DESIGN: NIVITHA MAHENDRAN

CONTENT: GARIMA SINGH



# PROJECT MIND MATTERS





Project\_mindmatters



Mind Matters



officialmindmatters@gmail.com

